



# 10

Essential Yoga Poses  
For Strength  
Athletes

Content courtesy of Brandon Hofer



**Triangle Pose:** Improves hip hinge pattern for kettlebell swings and deadlift



**Extended Side Angle Pose:** Improves hip mobility for squats and overhead presses



**Downward Dog:** Improves ankle mobility, decompresses the spine, and benefits Achilles tendon



**Low Pyramid Pose:** Great for the IT band and hamstrings



**Warrior I:** Improves front squat



**Lunge Variation:** Lengthens psoas - great for desk workers



**Low Lunge with Quad Stretch Variation:** Assists deep knee flexion and thoracic rotation



**Pigeon Pose:** Opens the hips and alleviates back pain



**Showface Pose:** Stretches butt muscles you forgot you had



**Reclined Spinal Twist:** Calms the central nervous system

# Yoga For Perfect Health

**E Durkheim**



**Yoga For Perfect Health:**

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